

BIPOLAR

Bipolar disorder (BPD), previously known as manic depression, is a mental disorder that causes periods of depression and periods of abnormally elevated mood (is known as mania).

SOME SYMPTOMS

- ✓ Uncharacteristic periods of anger and aggression.
- ✓ Grandiosity and overconfidence
- ✓ Easy tearfulness, frequent sadness.
- ✓ Needing little sleep to feel rested.
- ✓ Uncharacteristic impulsive behavior.
- ✓ Moodiness.
- ✓ Confusion and inattention.

DISORDER

The causes are not clearly understood but both environmental and genetic factors play a role. Environmental risk factors include a history of childhood abuse and long-term stress.

THE KEYS TO SELF-HELP

Get educated 📖

Get moving 🏃

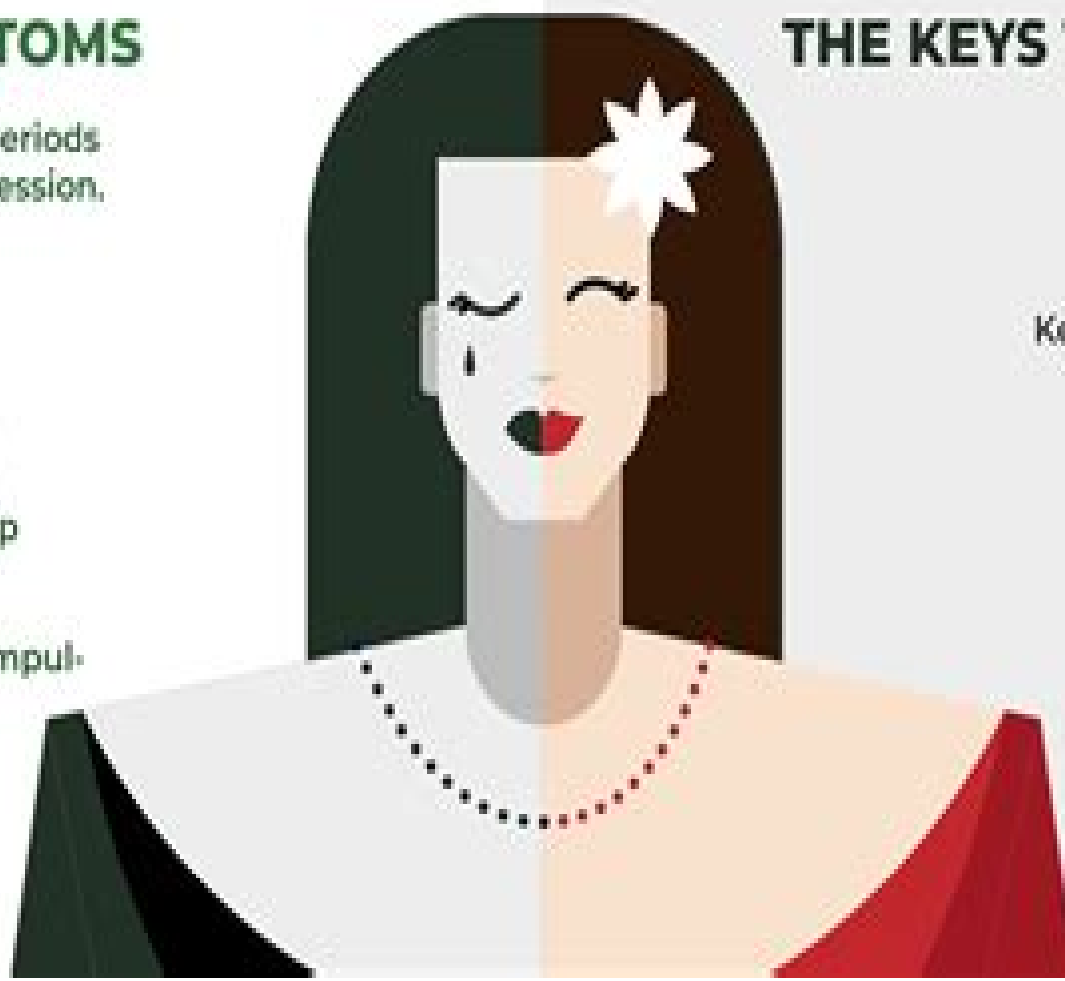
Keep stress in check 🧘

Seek support 🤝

Stay closely to friends and family 🏠

Sleep and eat healthy 🍏

Monitor your moods 🧠



Bipolar Disorder From Infants To Adults

Annelies Wilder-Smith



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